

Some Words About Water Retention

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extra-cellular spaces (outside the cells). This shows up as swollen feet, legs and hands.

Diuretics offer a temporary solution at best. They force out stored water, along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity, thus, the condition returns.

The best way to overcome the problem of water retention is to give your body what it



needs—plenty of water! Only then will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The

more salt you eat, the more water your system needs to dilute it. Getting rid of unneeded salt is easy—just drink more water! As it's forced through the kidneys, it takes away excess salt.



Panhandle Health *District offices are ready to serve you in each of the five northern counties of Idaho*

Kootenai County
8500 N. Atlas Road
Hayden ID 83835
208 415-5100

Bonner County
1020 Michigan
Sandpoint ID 83864
208 263-5159

Boundary County
7402 Caribou
Bonners Ferry ID 83805
208 267-5558

Benewah County
711 Jefferson
St. Maries ID 83861
208 245-4556

Shoshone County
114 W Riverside
Kellogg ID 83837
208 786-7474

Panhandle Health District 1
www2.state.id.us/phd1

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State Family Planning.*

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WATER

Why you should be drinking it!



**In America,
75% of the people
are chronically
dehydrated.**



*Panhandle Health District
Healthy People in
Healthy Communities*

WATER FACTS

How much water is enough?

On the average, a person should drink eight 8-ounce glasses of water every day! That's about two quarts. However, the overweight person needs one additional glass for every 25 pounds excess weight. The amount you drink should also be increased if you exercise briskly or if the weather is hot and dry.

The overweight person needs more water than the thin person. Larger people have large metabolic loads. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.



Did you know....

- 💧 Even mild dehydration will slow down one's metabolism as much as 3%.
- 💧 Lack of water is the #1 trigger of daytime fatigue.
- 💧 Water should preferably be cold—it is absorbed into the system more quickly than warm water and some evidence suggests that drinking cold water actually helps to burn calories!

Water for Your Health

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.



Drinking five glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and you are 50% less likely to develop bladder cancer.

The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But, when a person drinks enough water, normal bowel function usually returns.



Good News for Dieters!

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

One glass of water will shut down hunger pangs for almost all dieters.

Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce deposits.

One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body and weight loss stops.

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of. All that metabolized fat must be shed. Again, adequate water helps flush out the waste.

